



HEALTHIER | Richmond

Richmond City Health District Newsletter

WORKING TOGETHER FOR A HEALTHIER RICHMOND



It's up to you to fight the flu !

by Kaye Carrithers, RN, Immunization Action Program

Influenza vaccination season has arrived once again. This year's seasonal flu vaccine protects against three strains of flu viruses: an A/California/7/09 (H1N1)-like virus; an A/Perth/16/2009 (H3N2)-like virus; and a B/Brisbane/60/2008-like virus.

You may wonder - "If I got a H1N1 flu vaccination and seasonal flu vaccination last year, do I need another flu vaccination this year?" **The answer is yes!** Flu viruses change rapidly, and since the viruses expected to be circulating this winter include a different strain from last year, people need a new flu vaccination to be protected this winter. The CDC recommends annual flu vaccination for everyone ages 6-months and older.

Influenza is an acute, contagious respiratory disease that causes fever, achy muscles, stuffy head, and a cough. Bronchitis and pneumonia are common complications from influenza disease. Those at highest risk of complications from the flu include young children, the elderly, and those who have respiratory disease, such as asthma.

There is special emphasis being placed this year on vaccinating healthcare workers against the flu, so they won't spread the disease to their patients. Ask your doctor, nurse and other healthcare providers if they are protected against the flu.

For more information about the flu and flu vaccine, visit www.flu.gov.

Healthy habits to help stop flu and germs:

- Avoid close contact with persons who are sick
- Stay home when you are sick
- Cover sneezes and coughs
- Wash/sanitize your hands frequently
- Get plenty of sleep; eat nutritious foods; manage stress

There's a New Program in Town and It's Called – Body Works.

by Charles Lee, ROCK! Richmond Program Supervisor

Often times in our fast-paced and hectic society, especially after work, we opt for fast-food meals like frozen dinners and drive-thru mystery meals to feed us and our kids. We know that most of these foods contain little or no nutritional value. Then we and our kids, watch television for the remainder of the evening, maybe promising to exercise on another night. Suddenly, we begin to notice that our waist line and body weight are increasing by inches and pounds. We then take a quick glance at our kids and notice that their waist line and body weight are increasing just as much as ours. So, you may begin to think, "Well, maybe if I get my weight under control and become more active, my kid(s) will follow my lead and will exercise and eat better, too. I want to be a better role model."

Thirty percent of the adult population in the City of Richmond is classified as obese. Obesity is defined as having a body mass index (BMI) of 30 or greater. Obesity in adults can lead to heart disease, stroke, diabetes and cancer. Overweight and obese children can suffer from social discrimination, self-esteem issues, sleep apnea; and like adults, high blood cholesterol levels, Type 2 diabetes, and high blood pressure. Overweight and obese children can become overweight and obese adults.

In an effort to help foster healthy families, active living in the community and to address the growing health concern of childhood obesity, the Richmond City Health District – Chronic

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Community of Caring Initiative is back at Richmond Public Schools

Since last year, the Richmond Campaign to Prevent Teen Pregnancy (RCPTP) has worked with Richmond Public Schools to bring back successful academic outcomes and reduction of student teen pregnancy that were seen when the Community of Caring Initiative was conducted at Armstrong High School during the 1980's. Thanks to donations from RCPTP, supporting members of the Richmond Community, including Richmond City Council, enough funds were raised to make it possible to implement the program this school year. Additional funding is being sought through fund-raising and grant applications.



From left: Chimborazo Elementary teacher Anita Davis, Principal Cheryl Burke, and Assistant Principal Tonya Shelton attended training conducted this summer by the Community of Caring organization here in Richmond.

Community of Caring is a whole school, comprehensive character education program founded in 1982 by Eunice Kennedy-Shriver. It addresses five core values: *respect, responsibility, trust, caring and family*. Several teachers attended training this summer, and additional training for the whole-school strategy is taking place this fall. Plans are to implement the initiative in November at Bellevue, Chimborazo, Fairfield, George Mason, and Woodville schools. Funding will be needed to sustain Community of Caring and allow it to progress to the high school level in the future.

www.vdh.virginia.gov

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Body Works - (from pg. 1)

Disease Prevention Services has a new program called **Body Works**. This free program is designed to help parents and caregivers of adolescents improve family eating and activity habits. The program focuses on parents as role models and provides them with hands-on tools to make small, specific behavior changes to prevent obesity and to help maintain a healthy weight. In addition, Body Works uses a train-the-trainer model so that parents and caregivers can become a Body Works facilitator in their community. Class sessions last for one-hour weekly during a 10 week period.

It's just that simple. Now, pick up the phone or go to your PC, so you can host a **Body Works** session at your location by contacting: Charles Lee at 804-205-3734 or at charles.lee@vdh.virginia.gov.

Talking Turkey: advice for safely preparing the favorite holiday bird

Choosing a turkey for your holiday dinner is serious business. Whether a turkey is sold at a grocery store or ordered by internet or catalog, check for the USDA or State mark of inspection which ensures that the turkey has been inspected for safety.

If you purchase a frozen turkey, it's important to safely thaw it in the refrigerator or in cold water.

No matter what size turkey you purchase or what dish you prepare, it's important to heed USDA recommendations for food safety: "Clean, Separate, Cook and Chill" to prevent foodborne illness...

Clean: Always wash hands with soap and water for 20 seconds before and after handling food. Wash cutting boards, utensils, preparation surfaces and anything else that come in contact with raw turkey and its juices with soap and water.

Separate: Use different cutting boards for raw meat or poultry and other foods that will not be cooked such as vegetables. Be sure to keep raw turkey separate from the other dishes.

Cook: Use a food thermometer. Every part of the turkey and the center of the stuffing should reach a safe minimum internal temperature of 165 degrees Fahrenheit.

Chill: Keep the fridge at 40 degrees or below to keep bacteria from growing. Perishable foods should not be left sitting out at room temperature longer than two hours. Discard food which has been left at room temperature longer than four hours.

October is Breast Cancer Awareness Month



Hope for breast cancer prevention and treatment - Members of the RCHD team are wearing breast cancer awareness t-shirts in acknowledgement of National Breast Cancer Awareness Month, each Friday in October.

The fight against breast cancer:

Breast Cancer Awareness Month is recognized by major breast cancer organizations every October to increase awareness of the disease and to raise funds for research into its cause, prevention and cure.

Breast cancer is the most common cancer in women in the United States, aside from skin cancer. The American Cancer Society estimates 207,090 new cases of invasive breast cancer are expected to be diagnosed in the U.S. this year. There are about 2.5 million breast cancer survivors living in the United States.

Breast cancer is a malignant tumor that starts from cells of the breast. It is found mostly in women, but men can get breast cancer, too. The earlier breast cancer is found, the better the chances that treatment will work.

Awareness of risk factors is also important. There are different kinds of risk factors, like a person's age or race. Others are linked to the environment, and still others are related to personal behaviors, such as smoking, drinking, and diet.

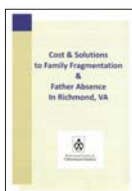
There is no sure way to prevent breast cancer, but the odds are that if cancer does occur, it will be more treatable if found at an early stage. This is why getting the recommended screening tests before any symptoms develop is so important. For more information contact: The American Cancer Society at www.cancer.org.



Richmond can't afford absent dads...

Read "*Cost & Solutions to Family Fragmentation & Father Absence In Richmond, VA.*" This report examines the social and financial impact of family fragmentation and father absence. It provides six strategies for creating a community culture that connects fathers to their families. You can find it on the RCHD website: www.vdh.virginia.gov/lhd/richmondcity

For more information, contact Brian Gullins at 205-3717.



Lead Poisoning Prevention Week - October 24 - 30

Childhood lead poisoning is considered the most preventable environmental disease among children, yet an estimated 250,000 U.S. children have elevated blood-lead levels. Children may be exposed to lead through a number of sources, but lead-based paint found in older homes is a primary source. Having your child tested is the only way to know for sure whether he/she is lead poisoned. Ask your child's doctor to perform this test. A simple blood test can prevent permanent damage that will last a lifetime. Children should be tested at 12 and 24 months of age, and periodically up to age six. Call **Lead Safe Richmond** at 205-3726 for information about lead testing and making your home lead safe.



World AIDS Day is observed internationally each year on December 1st, to raise awareness and focus attention on the global AIDS epidemic. In the City of Richmond, AIDS and HIV rates are consistently higher than the State average. RCHD STI Program staff aggressively combat HIV and other sexually transmitted infections through prevention, treatment, and educational efforts. To learn more about World AIDS Day, visit www.worldaidscampaign.org/

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